PAPER BAG COOKING

WONDER-WORKING SYSTEM PERFECTED BY M. SOYER, WORLD'S GREATEST LIVING CHEF

COOKING CHILDREN'S GOODIES.

By Martha McCulloch Williams.

Lives there a child with appetite so dead that his mouth never waters when the word "Goody" is mentioned?

Goodies of all sorts are the especial gastronomic delight of all children, and let me add that goodies of all sorts can be made more digestible and more delicious by being cooked in paper bags.

It was an acute social observer who wrote: "Housekeepers instinctively add grease and sweetening when cooking for company." The same rule ought to prevail in cooking for children. Food cannot be too rich for young, thriving creatures, provided it is properly proportioned. Perfect pound cake is a meal in itself, gingerbread as perfect, but little less satisfying, while as for tea cakes of the right sort, crisp, sugary, melting, an active healthy child may eat all it chooses of them, and be better for the eating.

Make all these not merely good, but attractive to the eye. Make also sponge cake, raisin cake and many manners of fancy tartlets. Make them individual—in that will lie the supreme charm.

Begin by cutting a big bag lengthwise into strips two inches wide. Grease each strip half an inch from one edge, and cut blunt notches into the crease, three-quarters of an inch apart. From another bag, split open, cut rounds or ovals, four to five inches across. Fasten the notched strips to these with small clips, letting the notches stand outside and clipping the ends where they come together. Thus you have a flat-bottomed individual mould, to be filled, after buttering, with anything you like. Filled, the moulds are slid inside a large lightly greased bag, the bag set on a trivet, and after sealing, baked in the oven.

Let the cakes cool in the moulds, then tear away the paper and frost them or decorate them with candy or nuts.

Here is Mammy's Pound Cake—and better never went in anybody's mouth. Take ten eggs, a pound of flour, sifted with two teaspoonfuls of cream tartar and one of soda, a pound of sifted sugar, three-quarters of a pound of best butter, a wineglass of brandy or sherry, a tablespoonful lemon extract. Cream the butter very light with half the sugar, add the other half to the yolks of the eggs after beating them foamy light, and then beat again. Put in the butter and sugar, mix well, add the liquor next, then half the flour, putting in a cupful at a time. Fold in next part of the egg whites, which should be beaten so stiff that they will stick to the inverted dish. Add the rest of the flour, then the last of the egg-white. Stir in the lemon extract last of all. Pour into thickly buttered bags or very thin tin moulds thickly buttered. Seal the loaded bags and set on a trivet in the oven. Put moulds inside greased bags, seal and put on the grid shelf. Have the oven hot enough to turn white paper yellow in five minutes. If the paper scorches it is too hot—cool it by setting a very shallow pan of cold water upon the floor just before putting in the cake. Take out the pan after a few minutes, of course, first turning down the gas flame, or pushing in the dampers to reduce heat. Cook at moderate heat until done through. It will take an hour to an hour and a half, according to the thickness of the cakes. Midway the baking they should be shifted—those from the grid shelf set low on the broiler, those from the broiler put high, so that they will cook evenly. Make holes in the bag tops and test the cakes before taking them up by thrusting in a clean straw or thin knife blade. If the thing thrust in comes out with no stickiness clinging to it, the cake is done. Bag cooking prevents crusting over, and thereby facilitates rising. It also saves from burning and avoids the risk of jarring by too much opening of the oven door. Baking powder can be used in place of soda and cream of tartar, but to my thinking the old way is the best.

Raisin cake is made almost the same as pound cake, but takes a little longer and slower baking.

Every household almost has its own favorite gingerbread and tea-cake. Make them in your own way, but remember to make them festive. You can do this easily by cutting them out in all manner of fancy shapes besides those already suggested, from frosting them in many colors—white, pink, green, yellow and brown, and sprinkling them before the frosting hardens, with tiny colored candies, or chopped nuts, or candied peel, or citron very finely shredded.

Pound cake and raisin cake baked in paper bags can be cut in cubes, rounds, fingers, or any shape desired, frosted all over, and be more than ornamental. A centerpiece for a child's party can be built in the shape of a log cabin, using alternately long strips frosted white and other strips of chocolate brown. Or it may be white and pink, or all white, with a roof of frosting snow and candy-icicles hanging along the eaves. Vegetable coloring, which is cheap and perfectly wholesome, can be bought from any first class grocer.

NOURISHING BEEF DISHES.

I wonder how many careful housemothers know stuffed roast beef? To make it get two flank steaks of generous size, sew them together with clean strong cotton and stuff bag thus formed in any way you like. Tie up the steaks. Butter them well over the outside. Slip into a well buttered paper bag plenty large enough to hold them, add a tablespoonful of water, cook in a hot oven three minutes, then turn off the heat more than half and cook for forty minutes more. Very heavy steaks may take longer, and light ones a shorter time. Sliced onions laid around the steak will flavor the meat and the gravy. This dish can be left standing in the bag quite a while after cooking. Heating it up makes it as good as ever.

Take four pounds of round beef—the best cut. Rub over liberally with butter or clarified drippings, but do not salt, and put into a bag, which has been thickly buttered, along with half a can of tomatoes or three large fresh ones, peeled and chopped, one minced onion, one small red pepper, three cloves and six grains of allspice. Score the beef lightly on top so as to press the spices into it. Cover it with the tomatoes, onion, etc., and lay on them a lump of butter or dripping rolled in salted flour. Add a tablespoonful of vinegar and water mixed. Seal bag tight, and cook very slowly for three hours. A gas jet turned half down gives about the right heat. Take from the bag, pour out the gravy—in a saucepan if you want it thickened with browned flour; otherwise, in the boat. The meat will be very tender and delicious.

Yorkshire pudding does not absolutely demand cooking underneath a roast. To go with this round roast, you can make it thus. Beat two eggs separately very light, then add to them alternately a cup of sweet milk and two cups of flour, sifted with half a teaspoonful salt, and a teaspoonful baking powder. Mix smoothly, pour into a very well greased bag, seal, allowing room for rising, lay flat on a wire mat and cook for twenty-five minutes in a fairly hot oven.

Meat roll is a good end for cold lean roast beef. Mince or grind it fine, season with salt, pepper, tiny bits of butter, a little lemon juice and a pinch of powdered herbs. Roll out puff paste to less than a quarter inch thickness. Make it in long strips. Spread the meat thinly upon them, roll up, pinch the ends together tight, put in a buttered bag with a little stock or water or left over gravy, also a small lump of butter, seal and cook till the pastry is brown—the time depending somewhat on the size and number of the rolls.

A Paper Bag Dinner

By Nicolas Soyer, Chef of Brooks' Club, London.

Duckling with Turnips: Thoroughly butter a paper bag, place the duckling inside, cut a few slices of carrot and turnip into fancy shapes, cut up a few blanched spring onions, and add a bouquet garni. Pour in three tablespoonfuls of tomato sauce and a wineglassful of Madeira. Season with salt and pepper according to taste. Cook for forty-five to fifty-five minutes, according to the size of the bird.

Chicken a la Reine: Take a fowl trussed as for boiling, and rub it well over with a split onion. Place it in a well-greased bag and add to it a gill of good stock. Add also a sprig of parsley, a bay leaf, a sprig of sweet herbs, and, if obtainable, two or three spring onions, all tied together. Take four ounces of well-cooked rice and add it to the fowl. Place the bag on the broiler, simmer very slowly in a moderate oven until the fowl is cooked, then dish up the fowl on a hot dish, remove the herbs and empty the rice into a fresh bag. Add to it a tablespoonful of stock, a gill of cream, a little grated lemon peel, a dust of nutmeg, and pepper and salt to taste. Mix thoroughly, add the well-beaten yolk of an egg, make hot again on the broiler and serve at once.

Turkey and fillet of veal are both excellent cooked after this recipe.

Lima Beans: Take a quart of Lima beans, add two ounces of butter, four ounces of diced ham, a little sugar and salt, a teaspoonful of flour and sweet herbs to taste. Put in a greased bag with half a pint of water and cook for sixty minutes in a moderate oven.

Spinach: Pick over and thoroughly wash two pounds of spinach, leave the vegetable as wet as you can, and put it in a bag. Add a pinch of sugar and a little salt. Seal the bag and cook for thirty-five minutes. Then stand the broiler bearing the bag over a large plate, and prick the bottom of the bag in such a way as to allow all the water to run out.

Fruit Salad: Take four peeled and thinly sliced bananas, half a pound of well washed and dried Hamburg grapes, a few strawberries, an apple, and two large oranges. Pinch each grape slightly. Hull the strawberries, peel and slice the apple and oranges very thinly. Mix all well together in a deep bowl. Pour over a small bottle of raspberry syrup and a tablespoonful of brandy. Mix well. Leave on ice till needed.

A SCOURGE OF ORCHARDS

SAN JOSE SCALE SO FIRMLY ESTABLISHED THAT EXTERMINATION IS IMPOSSIBLE.

By Dr. Leonard Haseman, Professor of Entomology, University of Missouri.

The San Jose Scale was introduced into Missouri some eighteen years ago and has already become so firmly established that hopes of its complete extermination have long since vanished. It has reached a stage where we can only hope to control it by preventing it from spreading further, and by cleaning up the orchards already infested. The control of this pest can not be accomplished by any one man or any dozen men, but requires the concerted efforts of each and every fruit grower in the state, whether he be a commercial grower or a farmer with a small home orchard. It is the duty of every one engaged in fruit growing to acquaint himself with this pest and the methods of controlling it, and then see that he does not shirk his duty when it comes time to act.

In a bulletin recently issued from the College of Agriculture at Columbia, a complete description of this insect is given, with its habits and life history. The best methods of control are also explained. This should enable anyone to recognize the scale and know exactly what steps to take when he finds it in his orchard.

The control of the scale is really quite simple. To be sure, it is a very resistant insect, but with the best scale washes and the modern improved methods of spraying, it is an extremely easy matter to control it.

In the control of this pest, first be sure that your trees are infested, then provide yourself with the proper wash and apparatus and spray thoroughly. You can hardly spray an infested tree too thoroughly. The washes that we use for scale kill by coming in contact, so each individual insect must be hit.

Nursery stock that is infested can be treated by dipping or fumigating. Large trees must be sprayed unless extensive fumigation is practiced. This is usually too difficult to be practicable. Spraying is best done while the trees are dormant, but in some cases where it seems the pest will destroy the trees befor autumn, it is advisable to spray in summer.

The old standard wash for San Jose scale is the lime sulphur. A strong kerosene emulsion made by boiling 4 pounds of soap in 5 gallons of water and stirring in 8 to ten gallons of kerosene (coal oil), finally making up to 50 gallons with water, is found effective and in some respects superior to the lime sulphur. The amateur is likely to secure better results from the oil than from the lime sulphur.

It is only by the combined effort of all the fruit growers in the state that substantial results can be obtained in the control of this pest, and it is hoped that all will unite and make certain the good results that are desired.

THE CLEAN MILK QUESTION

SICKNESS AND DEATH TRACED TO DIRTY MILK.

By A. C. Page, College of Agriculture, University of Missouri.

If this clean milk question were only a matter of neatness on the part of the farmer, that he be more careful not to let dust and filth fall into the bucket, there would be little occasion for saying so much about it. But the clean milk question comes close home when one looks over the statistics of sickness and death caused by nothing in the world but dirty milk. Infants are the greatest of the milk consumers. The medical figures show that an appalling number of them succumb every year, especially in summer, to the work of those same bacteria which get into the milk pail when the cow switches her tail or the milker forgets to wash his hands.

It is not theoretical to demand that farmers supply milk which has been well taken care of. It is mere cleanliness and the demand for food instead of poison. Mature men can stand many things which infants will not survive, and this has made many farmers believe that their poorly cared for milk was plenty good enough.

But farmers are now changing in these matters, and the up-to-date men who are making money dairying are also learning how to keep their milk clean and sanitary. The methods are so simple that any man can learn them. Cleanliness is the great principle. Curried cows and clean barns and scalded utensils, with the milk cooled and stored in a place free from odors immediately after it is drawn, is about all there is to it.

When the country was new and timber was abubndant on all sides, it was not necessary to do any systematic planning for the supply of posts and fuel on the farm. The observing farmer, however, is planning those things now, just as he plans his other crops. The trees on the farm should be classed as a crop, and should be dealt with accordingly. New trees can be started readily from seed, or more often, simply by removing other useless sprouts which are around them. Worthless trees are weeds in the woodlot, like cockleburs in the corn.

REASON FOR MILK DECLINE

SHORT PASTURES AND HEAT CAUSE COWS TO PRODUCE LESS.

By A. C. Page, College of Agriculture, University of Missouri.

Folks are in the habit of blaming the fly for most everything that happens in summer, and usually they are right. He is a nuisance and a carrier of disease and all that. But one thing he has been blamed for that is really the fault of some other conditions. This is the falling off in milk which every farmer notices in August. The cows give less, and as they come in covered with flies, which bite the farmer himself as he milks, the blame goes to their annoyance.

Professor C. H. Eckles of the Dairy Department of the University of Missouri conducted an investigation on the extent of fly annoyance and the possibility of remedying it. The cows in the herd at the College of Agriculture were divided into two parts. One half were sprayed every day with some mixture that kept the flies away. The other half of the herd was not sprayed. Records are always kept of the amount of milk each cow gives at every milking, and these records were noticed for the two halves of the herd. There seemed to be little difference. After two weeks the system was changed around so that the previously unsprayed half of the herd was sprayed with the oil. The records seemed to show that there was very little difference in production—at least not enough difference to pay for the trouble and expense of the spray. The chief difference was in the cows standing quieter during milking, with the flies kept off.

Professor Eckles assigns the falling off in milk to short pastures and the heat, so that the cows do not get sufficient feed to maintain a strong milk flow.

CORN SILAGE FOR COWS, BOTH SUMMER AND WINTER

By A. C. Page, College of Agriculture, University of Missouri.

Corn silage, besides being the cheapest roughage the Missouri farmer can raise, is peculiarly adapted to the dairy cow. On some farms in the state silage is fed to the milk cows twelve months in the year, largely taking the place of pasture. That is one of the strong points about silage—it is able to largely take he place of pasture grass.

In summer when the pasture is abundant this is not so important. But when the mercury is playing around zero or below, it helps keep up the flow of milk. Professor Eckles of the Missouri Experiment Station says that if you would keep up a good milk flow at this unnatural season, you must supply the conditions of spring, when the cow naturally produces well. Silage supplies part of these conditions.

There was once a mistaken idea that silage gives the milk a peculiar flavor. This is found to be only a notion, probably arising from the flavor of some milk that stood too long in the tainted atmosphere of the barn.

The economy of silage is a strong point in its favor. Professor Eckles asserts that 40 per cent of the corn crop is wasted if the stalks are left in the field, and a large part of this is saved in the silo.

Two circulars are published by the College of Agriculture at Columbia, describing the construction of both the cement and the plastered wooden silo. These will be sent free to any one who requests them.

TREATMENT OF HOG CHOLERA

Dr. J. W. Connoway, University of Missouri.

According to Dr. J. W. Connoway of the University of Missouri, who is in charge of the hog cholera investigations, the farmer and the breeder are the ones who must clear the state of cholera in hogs. He has the following t osay about the possibility of entirely stamping out the cholera:

"For effective work in the control of hog cholera, the 'preventive inoculation' must be supplemented by other measures which are of easy application by the farmers themselves, and by means of which, even without inoculation, outbreaks have time and again been kept within narrow limits and great losses doubtless averted. In the past the neglect of many swine raisers to apply even simple preventive measures have been due to a lack on their part of an understanding of the disease. The first thing in every case is the early recognition of the disease so that the cases may be isolated and prevented from spreading."

The soil contains two general classes of bacteria or "germs" which are very important for the farmer. There are some which fix the gas nitrogen from the air to a solid form in the soil. These are extremely important to every crop. The other general class includes those which change the nutrients already in the soil into a form that the plants can use. One of the biggest reasons for thorough cultivation of the soil, according to Professor M. F. Miller of the College of Agriculture of Missouri, is that it supplies air and warmth and moisture to these bacteria so that they do their work of preparing the needed ferility for the crops.

Congressional Notes

Maj. Thomas L. Rhoades of the medical corps of the army has been selected by President Taft as his personal military aid to succeed Maj. Archibald W. Butt, who lost his life in the Titanic wreck.

After an hour and a half of debate the house by a vote of 241 to 15 passed the Pujo resolution conferring more power on the committee on banking and currency for the investigation of the "money" trust.

A favorable report was made to the house by the insular affairs committee on Representative Jones, bill providing for the gradual taking over by the Filipinos of the duties of self government, and complete independence in 1921.

The committee on patents heard more arguments for and against the Oldfield bill codifying the patent laws. The committee on merchant marine and fisheries reported favorably the Wilson bill abolishing involuntary sertude of seamen.

An emergency appropriation of $60,000 to repair the banks of the Missouri river in Dakota county, Nebraska, was urged on the house committee on rivers and harbors at a hearing. It was claimed the sewerage system of Sioux City, Ia., is endangered.

The house will not act on the constitutional amendment for direct election of senators until the postoffice appropriation bill now before it has been disposed of.

As the first step in the money trust investigation, the committee on banking and currency announced that it had sent to over 30,000 banks a request for detailed information on all phases of their business and their relations with other institutions.

The house voted to concur in the senate amendments to the bill introduced by Representative Cantrill of Kentucky authorizing the director of the census to take periodically a census of tobacco, excepting the manufactured product.

Hearings on the Burton-Littleton bill, which would create a commission to represent the United States government and supervise the government's participation in the celebration in 1914-15 of the one hundredth anniversary of peace among English-speaking peoples, began before the house foreign affairs committee and senate foreign relations committee.

On motion of Senator Johnston of Alabama the senate adopted a resolution directing the attorney general to supply the senate with the instructions given by President Roosevelt in 1907, concerning the proposed prosecution of the International Harvester company and also to give the reasons for the abandonment of the prosecution.

President Taft will send a special message to the congress urging whatever emergency appropriation or diversion of a regular appropriation made for the Mississippi river is recommended to him by Brig. Gen. William H. Bixby, chief of engineers of the army, for a number of years president of the Mississippi river commission.

Representative Alexander of Missouri, chairman of the house committee on merchant marine and fisheries, offered a bill in the house striking at two defects in existing law, which, he believes, are responsible for the appalling Titanic death list. The measure is likely to be reported by Mr. Alexander's committee and passed by the house.

A bill to provide medals of honor for Capt. A. H. Rostron and the officers and crew of the Cunard liner, Carpathia, was introduced by Representative Francis of Ohio. It would appropriate $5,000 and instruct the director of the mint to strike off a suitable medal to commemorate their heroism in rescuing the Titanic's survivors.

Samuel Untermeyer of New York has agreed to direct the house investigation of the so-called money trust, if a resolution, offered by Chairman Pujo of the banking and currency committee conferring the widest powers of investigation, is adopted.

That more than 15,000,000 persons in the United States will record their votes for president in the campaign of the present year is evident from the official statistics of presidential vote published in the Statistical Abstract of the United States, which has jus been issued by the bureau of statistics.

Banks holding special deposits of the United States must pay the federal government 2 per cent instead of 1 per cent interest in the future. A. Platt Andrew, assistant secretary of the treasury, has decided to double the rate of interest under the authority imposed on the treasury department by congress. The change refers to the stationary deposits distributed among about 1,000 banks scattered over the country, but not to the fluctuating deposits at the disposal of disbursing officers.

Before passing the Wickersham bill, providing for a "home rule" assembly in Alaska, the house went on record by a vote of 81 to 25 in favor of woman's suffrage. The vote was not on the direct question, but on an amendment leaving the matter to the proposed legislature.

The resolution of Representative Norris of Nebraska, calling on the department of justice for all papers and information concerning the charges against Judge Archbald of the United States commerce court, passed the house without debate.

Evidence Put In Too Late.

A prisoner was being tried in an English court for murder; evidence against him purely circumstantial; part of it a hat found near the scene of the crime—an ordinary, round, black hat, but sworn to as the prisoner's. Counsel for the defense, of course, made much of the commonness of the hat. "You, gentlemen, no doubt each of you, possess such a hat, of the most ordinary shape and make. Beware how you condemn a fellow-creature to a shameful death on such a piece of evidence," and so on. So the man was acquitted. Just as he was leaving the dock, with the most touching humility and simplicity, he said: "If you please, my lord, may I 'ave my 'at?"

More Profitable.

Waiter—Thank you very much, sir.
Old Gent—What the deuce do you mean? I haven't given you anything.
Waiter—No, sir; but I bet No. 10 half a crown you wouldn't tip me.

Staying at home is a virtue few people try to cultivate.